

# Oriental Watermelon and Chicken Salad

**Makes:** 96 servings

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Ingredients	Weight	Measure
Watermelon, red 15 lb	4 each	
Noodles, oriental, uncooked	18 lb	
Chicken breast, grilled, boneless, skinless, 4 oz	96 each	
Cucumber, seedless, peeled, thinly sliced	16 lb	
Green onion, thinly sliced	3 lb	
Bamboo shoots, thinly sliced		1 qt
Parsley sprigs		1/2 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>575</b>	
Total Fat	8 g	
Protein	41.2 g	
Carbohydrates	84.7 g	
Dietary Fiber	4.7 g	
Saturated Fat	1.8 g	
Sodium	90 mg	

## Meal Components

Vegetables	1 cup
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## Directions

1. Remove rind from watermelon and cut flesh into 1 1/2-in. cubes; cover and refrigerate.
2. Cook and drain noodles; set aside.
3. For each serving: Arrange 1 sliced chicken breast in a spiral on 1 1/2 cups noodles on serving plate.
4. Place 3/4 cup cubed watermelon and 1/3 cup sliced cucumbers beside chicken, sprinkle with 2 Tbsp sliced onions.
5. Garnish with bamboo shoots and parsley sprigs.

## Notes

### Serving Tips:

This salad can be served with 2 oz. of sweet and sour dressing. Nutrient analysis does not include dressing.